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This new standard is accepted by Fink Crew (who do most of the conversions from plain text to PDF) and MacWarez (One of the largest groups currently scanning ebooks). It helps people searching for these files to find them more easily.

Crockpot Recipes

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amyl

Crockpot Barbeque

From: maggie Date: Wed, 21 Jul 93 15:55:29 EST

(From The Best of Electric Crockery Cooking)

1 1/2 lb. boneless chuck steak, 1 1/2 inch thick
1 clove garlic, peeled and minced
1/4 cup wine vinegar
1 Tbsp brown sugar
1 tsp paprika
2 Tbsp Worcestershire sauce
1/2 cup catsup
1 tsp salt
1 tsp dry or prepared mustard
1/4 tsp black pepper

Cut the beef on a diagonal, across the grain into slices 1 inch wide. Place these in the crockpot. In a small bowl, combine the remaining ingredients. Pour over the meat, and mix. Cover and cook on Low for 3 to 5 hours.

mara

Crockpot Meat Loaf

From: Maggie MWORKMAN@VM.CC.PURDUE.EDU

Date: Wed, 21 Jul 93 15:24:57 EST

(From The Best of Electric Crockery Cooking)

1/2 cup whole milk
2 slices white bread
1 1/2 lb ground beef
2 eggs
1 small onion, peeled
1 1/2 tsp salt
1/2 tsp pepper
1 tsp dry mustard
1 can (12 oz.) whole tomatoes

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours.

Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

mara

Crockpot Pork Chops with Mushroom Sauce

From: Maggie MWORKMAN@VM.CC.PURDUE.EDU

Date: Thu, 22 Jul 93 14:40:36 EST

(From The Best Of Electric Crockery Cooking)

8 to 10 small, thick porkchops
2 tsp salt
1/4 tsp pepper
1/8 tsp sage
1 can (12 oz) cream of mushroom soup
1 Tbsp dried onion flakes

Trim the excess fat from the chops and use it to grease a large skillet. Over high heat, brown each chop lightly on both sides. Salt and pepper each as it finishes and place it in the crockpot. Add the sage. Turn the soup (undiluted) and the onion flakes into the still hot skillet. Scrape the pan juices and turn them into the cooker. Cover and cook on Low for 8 to 10 hours.

Makes 6 to 8 servings.

mara

Crockpot Recipes - Collection

From: Maggie MWORKMAN@VM.CC.PURDUE.EDU

Date: Thu, 22 Jul 93 14:27:53 EST

From the Best of Electric Crockery Cooking...

- Apricot Nut Bread
- Crockpot Banana Bread
- Crockpot Baked Stuffed Apples
- Crockpot Lacquered Chicken
-

Apricot Nut Bread

3/4 cup dried apricots
1 cup flour
2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1/2 cup sugar
3/4 cup milk
1 egg, slightly beaten
1 Tbsp grated orange peel
1 Tbsp vegetable oil
1/2 cup whole wheat flour
1 cup coarsely chopped walnuts

Place the apricots on a chopping block. Sprinkle 1 T flour over them. Dip a knife into the flour and chop the apricots finely. Flour the knife often to keep the cut up fruit from sticking together. Sift the remaining flour, baking powder, baking soda, salt and sugar into a large bowl. Combine the milk, egg, orange peel, and oil. Stir the flour mixture and the whole wheat flour. Fold in the cut up apricots, any flour left on the cutting block and the walnuts. Pour into a well greased, floured bakin unit. Cover and place on a rack in the slow cooker, but prop the lid open a fraction with a toothpick or a twist of foil to let excess steam escape. Cook on High for 4 to 6 hours. Cool

on a rack for 10 minutes. Serve warm or cold.

Makes 4 to 6 servings.

Now before you all ask what a baking unit is (I wondered as I sat and typed this in), I looked it up in the front of the bread section. She says that some manufacturers are making units for slow cookers, but if you don't have one, a 2 pound coffee can works. Pyrex muffin cups also work. Also 1, 1 1/2 and 2 quart molds work.

DO NOT LIFT THE LID WHILE BAKING THIS BREAD.

I hope this recipe works OK. I am going to try it myself.
Maggie

Crockpot Banana Bread

1 3/4 cup flour
2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1/3 cup shortening
2/3 cup sugar
2 eggs, well beaten
1 1/2 cups well mashed, overripe banana (2 or 3 bananas)
1/2 cup coarsely chopped walnuts (optional)

Sift together the flour, baking powder, baking soda and salt. With the electric beater on low, fluff the shortening in a small bowl, until soft and creamy. Add the sugar gradually. Beat in the eggs in a slow stream. With a fork, beat in 1/3 of the flour mixture, 1/2 the bananas another 1/3 of the flour mixture, the rest of the bananas then the last of the flour mixture. Fold in the walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover. Place on a rack in the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam excape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

Makes 4 to 6 servings

Crockpot Baked Stuffed Apples

6 medium tart red apples
1 cup light brown sugar
1/4 cup golden seedless raisins
1 Tbsp grated orange peel
1/4 cup soft butter
2 cups very hot water
3 Tbsp orange juice concentrate

Wash, core and stem the apples, but don't peel them. Stand them in a buttered mold and stuff them with 2/3 cup of the brown sugar, the raisins and the orange peel. fill the tops of the core cavities with butter and sprinkle the remaining sugar over the tops. Place the mold in the slow cooker and pour the hot water into the cooker. Sprinkle the orange juice concentrate over the apples. Cover the cooker and cook on Low for 3 to 5 hours, or until the apples are tender.

makes 6 servings

Crockpot Lacquered Chicken

1 Tbsp vegetable oil
2 lb whole chicken
3 very large onions, peeled and chopped
5 large tomatoes, chopped
1 medium orange, unpeeled, seeded, chopped
1 tsp sugar
1 tsp salt
1/8 tsp pepper
1/2 cup water
1 bouillon cube, crumbled
3 heaping Tbsp red currant, raspberry or red grape jelly
1/4 cup sweet sherry

In a medium skillet, over medium high heat, heat the oil and saute the chicken, turning often, until well browned all over. Remove the chicken to a plate. Saute the onion in the skillet until well browned. Turn into the crockpot. Place the tomatoes, orange, sugar, salt and pepper in the pot and set the chicken on top. Rinse the skillet with the water and scrape into the cooker. Add the bouillon cube. Cover and cook on Low for 5 to 7 hours.

Before serving, remove the chicken to a deep serving dish and keep

warm. Turn the pot contents into a skillet, set the heat to high and simmer until thick enough to mound on a spoon. Stir in the jelly and the sherry and cook, stirring until the sauce boils. Do not overcook, lest the sauce lose its shiny quality. If you wish, add some sugar or sweet sherry to further brighten the taste. If sauce is not shiny enough, bring back to a very brisk boil and quickly stir in some jelly. Pour sauce over the chicken.

makes 4 to 6 servings

mara

Crockpot Recipes: COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 6 Sep 93 09:30:43 +0200

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- Beef Bourguinon (Doreen Randal)
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- Crisp-Fried Tofu And Greens (Richard Darsie)
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- Millet Stew (Vegan) (Michelle Dick)
- Orange Cinnamon Chicken (Doreen Randal)
- Paprikosh (taylorn@kenyon.edu)
- Potato Stuffed Cabbage (Vegan) (karpen@nrlfs1.nrl.navy.mil)
- Pot-Roast (Doreen Randal)

- Quick Onion Pot Roast (Doreen Randal)
- Rob's Veggie Chili (Vegan) (bjornson-robert@cs.yale.edu)
- Spicy Wine Pot Roast (Doreen Randal)
- Sweet And Sour Tofu (Richard Darsie)
- Szechuan-Style Stir Fry (Richard Darsie)
- Tangy Red Bulgar (Steven J Boege)

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Now before you all ask what a baking unit is (I wondered as I sat and typed this in), I looked it up in the front of the bread section. She says that some manufacturers are making units for slow cookers, but if you don't have one, a 2 pound coffee can works. Pyrex muffin cups also work. Also 1, 1 1/2 and 2 quart molds work.

Do not lift the lid while baking this bread.

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1 - 1 1/2 cups	red wine
1/3 cup	oil
1 tsp	thyme
1 tsp	black pepper
8 slices	bacon, diced
2 cloves	garlic crushed
1	onion diced
1 lb	mushrooms sliced
1/3 cup	flour

Instructions:

Marinate beef in wine,oil,thyme and pepper 4 hrs at room temp. or overnight in the fridge.

In large pan, cook bacon until soft. Add garlic and onion sauteeing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all.

Cook on LOW 8-9 hrs.

%%%

the onions and the meat. Add any remaining flour to the fat in the pan and cook for 2 minutes. Work in the stock and stir over low heat until the liquid comes to the boil. Pour into the crockpot, cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: The Enchanted Broccoli Forest

BROCCOLI AND TOFU IN SPICY ALMOND SAUCE
==========

Ingredients:

Sauce:

1/2 c hot water
1/2 c almond butter (original recipe was for peanut butter -
                      I use almond cause I'm allergic to peanut)
1/4 c cider vinegar
2 T   tamari sauce
2 T   blackstrap molasses
1/4 c cayenne (this is a HUGE amount - I use 1-2 tsp.)

Saute:
------
1 lb   broccoli
2 tsp   ginger
4 cloves garlic
1 lb   tofu, cubed
2 c   onion, thinly sliced
1 c   chopped cashews
2-3 T   tamari sauce
2   minced scallions

Instructions

Sauce: In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside.

Saute: Stir-fry half the ginger and half the garlic in 1 T. oil. Add tofu chunks, stir-fry for 5-8 minutes. Mix with sauce. Wipe wok clean, saute remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, saute for about 5 min. Add chopped broccoli, cashews and tamari; stir-fry until broccoli is bright green. Toss saute with sauce, mixing in the minced scallions as you toss. Serve over rice.

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From: Lisa Corsetti

CAULIFLOWER AND POTATO CURRY (Vegan)
==========

Ingredients:
---

4 cups	potatoes, peeled and quartered
1	small cauliflower, cut into florets
a pinch	of asafetida
3/4 tsp	ground turmeric
1/2 tsp	chilli powder
1 1/2 tsp	ground cumin
3/4 tsp	salt
big pinch	of sugar
2	tomatoes, chopped
1 1/4 cups	water
1/2 tsp	garam masala
1/2 cup	wheat berries (optional)

Instructions:

Add all ingredients to a crockpot and cook on low for approximately six hours. If you're adding wheat berries, cook them on high with an additional cup of water for an hour, then add remaining ingredients and cook on low.

With the wheat berries, if things start drying out, add more water.

%%%

water

Sauce:
------
4 Tbs butter
1 cup chicken stock
1/8 tsp pepper
1/2 cup cream
1/2 cup flour
1/2 tsp salt
1/4 cup chopped parsley

Instructions:

Put the chicken in the crockpot and cover with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, cloves and thyme in a small square of cheese cloth, add to the pot. Cover and cook on LOW for 7-9 hrs.

Melt 4 Tbs butter in a medium saucepan. Stir in flour and cook over low heat for several mins. Gradually stir in stock. Simmer until smooth. Add salt, pepper, parsley and cream. Remove chicken from pot, slice and serve with the creamy sauce.

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Sauce:
------
3 T      soy sauce
1/4 c    dry sherry
2 tsp    rice vinegar
2 tsp    honey or brown sugar

Vegetables:
-----------
3 T        oil
3 cloves   garlic, minced or pressed
1 c        thinly sliced onion
6 c        mix of coarsely chopped pak choi, chard, kale,
           nappa cabbage or 9 c. chopped spinach

Instructions:
-------------
Gently squeeze as much liquid out of thawed tofu as possible.  Cut tofu
crosswise into 1/2-inch thick slices, then diagonally, to make 4
triangles.* Combine marinade ingredients and mix well.  Arrange tofu
triangles in one layer in a dish and cover with marinade.  Allow to sit
for at least 10 minutes to absorb the flavors.  Prepare sauce mix by
combining all ingredients in a small bowl.  In a separate bowl mix the
water or stock and the 1 tsp.  cornstarch.  Dredge marinated tofu pieces
in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of
oil, for 3-4 minutes on each side.  Drain and keep warm in 200F oven.
Add leftover marinade to sauce mix.  Heat 3 T.  oil in a wok.  Stir-fry
garlic and onion until onion is tender.  Add greens and continue
stir-frying until just wilted but not mushy.  Add sauce mix and
cornstarch mix and stir-fry just until sauce is thickened.  Add reserved
fried tofu.  Serve with rice.

* I cut the tofu into many more smaller triangles.

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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT BAKED STUFFED APPLES
==============================
(makes 6 servings)

Ingredients:
------------
6         medium tart red apples
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1 cup     light brown sugar
1/4 cup   golden seedless raisins
1 Tbsp    grated orange peel
1/4 cup   soft butter
2 cups    very hot water
3 Tbsp    orange juice concentrate

Instructions:
-------------
Wash, core and stem the apples, but don't peel them.  Stand them in a
buttered mold and stuff them with 2/3 cup of the brown sugar, the
raisins and the orange peel.  fill the tops of the core cavities with
butter and sprinkle the remaining sugar over the tops.  Place the mold
in the slow cooker and pour the hot water into the cooker.  Sprinkle the
orange juice concentrate over the apples.  Cover the cooker and cook on
Low for 3 to 5 hours, or until the apples are tender.
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the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam excape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

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```
1 Tbsp   vegetable oil
2 lb     whole chicken
3        very large onions, peeled and chopped
5        large tomatoes, chopped
1        medium orange, unpeeled, seeded, chopped
1 tsp    sugar
1 tsp    salt
1/8 tsp  pepper
1/2 cup  water
1        bouillon cube, crumbled
3 heaping Tbsp red currant, raspberry or red grape jelly
1/4 cup  sweet sherry

Instructions:
-------------
In a medium skillet, over medium high heat, heat the oil and saute the
chicken, turning often, until well browned all over.  Remove the chicken
to a plate.  Saute the onion in the skillet until well browned.  Turn
into the crockpot.  Place the tomatoes, orange, sugar, salt and pepper
in the pot and set the chicken on top.  Rinse the skillet with the water
and scrape into the cooker.  Add the bouillon cube.  Cover and cook on
Low for 5 to 7 hours.

Before serving, remove the chicken to a deep serving dish and keep warm.
Turn the pot contents into a skillet, set the heat to high and simmer
until thick enough to mound on a spoon.  Stir in the jelly and the
sherry and cook, stirring until the sauce boils.  Do not overcook, lest
the sauce lose its shiny quality.  If you wish, add some sugar or sweet
sherry to further brighten the taste.  If sauce is not shiny enough,
bring back to a very brisk boil and quickly stir in some jelly.  Pour
sauce over the chicken.

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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT MEATLOAF
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(Makes 6 servings)

Ingredients:
------------
1/2 cup    whole milk
2          slices white bread
1 1/2 lb   ground beef
2          eggs
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1           small onion, peeled
1 1/2 tsp   salt
1/2 tsp     pepper
1 tsp       dry mustard
1 can       (12 oz.) whole tomatoes

Instructions:
-------------
Place the milk and the bread in a large mixing bowl, and let stand until
the bread has adsorbed all the milk.  With two forks, break the bread
into crumbs.  Beat the ground beef into the crumbs until well mixed.
make a hollow in the center of the meat and break the eggs into it.
Beat the eggs a little; then grate the onions into the eggs.  Add salt,
pepper and mustard.  Beat the eggs into the beef.  Shape into a round
cake and place in the slow cooker.  Drain the tomatoes, and place them
on the meat.  Cover and cook on Low for 5 to 7 hours.

Before serving, uncover the pot; turn the heat to High, and bubble away
some of the sauce.  It should be thick, not thin.

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From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT PORK CHOPS WITH MUSHROOM SAUCE
=======================================
(makes 6 to 8 servings)

Ingredients:
------------
8 to 10    small, thick porkchops
2 tsp      salt
1/4 tsp    pepper
1/8 tsp    sage
1 can      (12 oz) cream of mushroom soup
1 Tbsp     dried onion flakes

Instructions:
-------------
Trim the excess fat from the chops and use it to grease a large skillet.
Over high heat, brown each chop lightly on both sides.  Salt and pepper
each as it finishes and place it in the crockpot.  Add the sage.  Turn
the soup (undiluted) and the onion flakes into the still hot skillet.
Scrape the pan juices and turn them into the cooker.  Cover and cook on
Low for 8 to 10 hours.
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Source: Crockpot Cooking from Barbara Blitz

DAVE'S MEAT LOAF
==========

Ingredients:
---

1 lb	extra lean ground beef
1/4 lb	sausage meat
1/4 cup	dark beer
1	egg
2 slices	of bread torn into soft crumbs
1	onion, chopped
3 tblsp	chopped parsley
1/2 tsp	ground black pepper
few drops	Worcestershire sauce and tabasco sauce

Instructions:

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

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```
1/2 cup  carrots -- diced
1/2 cup  mushrooms -- diced
1        onion -- diced
1 tsp    basil, dried
1 tsp    parsley, dried
1        bay leaf
3 clove  garlic -- minced
1 tsp    black pepper -- ground
1 cup    rice or pasta -- cooked

Instructions:
-------------
Sort and rinse beans, then soak overnight in water.

Drain beans and place in crockpot.  Add vegetable juice, wine, soy
sauce, and apple or pineapple juice.  Cover with vegetable stock or
water; the amount added depends on whether you prefer a soup (more
liquid) or a stew (less).  The juice adds just a tad of sweetness and
the soy sauce adds depth and the tang of salt.

Cook at high for 2 hours.  Add vegetables, herbs, and spices, and cook
for 5-6 hours at low until carrots and parsnips are tender.  When
tender, add rice or pasta and cook for one additional hour.

Notes:
------
For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby
lima, lentil, and green and/or yellow split peas.

Nutritional Values per Serving:
-------------------------------
Calories                  170
Fat                       0.3 g
Cholesterol               0 g
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```
1 1/2 cup  Great northern beans
1 cup      wheat berries
6          small potatoes -- cut in half
1          large onion -- sliced
4 clove    garlic -- minced
5 tsp      cumin -- ground
3 tsp      tumeric
1/2 tsp    black pepper -- ground
2          green peppers

Instructions:
-------------
Mix together all ingredients in crockpot.  Cook at high 8 to 10 hours.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from (Barbara Blitz)

LAMB AND APPLE CASSEROLE
========================

Ingredients:
------------
2 lb       middle neck lamb chops
salt and pepper
2          medium onions
2          medium carrots
1          cooking apple
1 oz       plain flour
2 tblsp    oil
3/4 pint   stock
1 stick    celery

Instructions:
-------------
Coat the chops with the flour seasoned with the pepper and salt.  Brown
on both sides in the oil and remove the chops.  Cook the chopped onions
in the oil until soft and golden and put into the crockpot.  Work any
remaining flour into the fat, cook for 2 minutes, and stir in the stock.
Bring to the boil, stirring well.  Put the thinly sliced carrots, celery
and apple into the crockpot.  Put the chops on top and pour over the
thickened stock, seasoning to taste.  Cover and cook on HIGH for 30
minutes, then on LOW 6-7 hours.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from (Barbara Blitz)

LAMB & TOMATO CASSEROLE
=======================

Ingredients:
------------
2 lb       shoulder lamb
2 oz       butter
1 oz       plain flour
1 tsp      marjoram
8 oz can   tomatoes
1          large onion
2 tblsp    oil
1/4 pint   beef stock
salt and pepper

Instructions:
-------------
Cut the lamb into 1 inch cubes and chop the onions.  Cook in the butter
and oil until the onions are soft and golden and the lamb is lightly
browned.  Stir in the flour and cook for 2 minutes.  Add seasoning,
marjoram, stock and tomatoes with their juice.  Bring to the boil,
stirring well.  Pour into crockpot, cover and cook on HIGH for 30
minutes, then on LOW for 6-7 hours.

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From: artemis@rahul.net (Michelle Dick)

Source: McDougall Plan

LAYERED DINNER (Vegan)
==============
(Servings:   8)

Ingredients:
------------
6      potatoes -- sliced
1      large onion -- sliced
2      carrots -- sliced
1      green pepper -- sliced
1      zucchini -- sliced
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```
1 cup  corn, frozen or fresh
1 cup  peas, frozen or fresh

Optional Vegetables:
--------------------
mushrooms
broccoli
green beans

Sauce:
------
2 1/2 cups  tomato sauce
1/4 cup     tamari, low-sodium
1 tsp       thyme -- ground
1 tsp       dry mustard
1 tsp       basil
2 tsp       chili powder
1/2 tsp     cinnamon
1/8 tsp     sage
2 Tbsp      parsley flakes

Instructions:
-------------
Layer vegetables in large casserole in order given.
Mix together ingredients for sauce and pour over vegetables.
Cook six hours at high or 12 at low.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

MARINATED BEEF POT ROAST
========================

Ingredients:
------------
3 lbs     lean beef pot roast
2 tblsp   oil
Flour and water paste (opt)

Marinade:
---------
1 cup     tomato juice
3 tblsp   made mustard
4 tblsp   worcestershire sauce
1 tsp     basil
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1 tsp      oregano
1 tsp      onion powder
1 tsp      garlic salt
1/4 tsp    fresh ground black pepper

Instructions:
-------------
Combine marinade ingredients and pour over roast in a shallow bowl.
Cover and refrigerate overnight or for 24 hrs.  Remove meat from
marinade and pat dry with paper towels.

Heat oil in large skillet and brown meat on all sides.  Place in cooker.
Cover and cook on LOW 8-10 hrs.  serve with accumulated gravy.  (This
may be thickened in a saucepan with flour and water paste if you wish.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

MARINATED CHICKEN AND PORK
==========================

Ingredients:
------------
3 lb       chicken pieces
1 lb       lean boneless pork cubed
1 cup      dry red wine
1/2 tsp    black pepper
3 cups     beef broth, (Campbell')
2 cloves   garlic, crushed
3          tomatoes chopped
1/2 tsp    rosemary
1 tsp      salt

Instructions:
-------------
Place chicken pieces and pork cubes in a large bowl.  Mix all other
ingredients thoroughly, pour over chicken and pork.  Allow meat to
marinate in sauce for about 2 hrs.  (you could leave it over night)
Transfer chicken, pork and marinade to cooker.

Cover pot, turn on LOW and cook 6-8 hrs.or until chicken and pork are
thoroughly cooked.  Serves 6.

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From: artemis@rahul.net (Michelle Dick)

Source: McDougall Cookbook - Volume 1

MILLET STEW (Vegan)
===========
(Servings:   6)

Ingredients:
------------
1 cup    millet
4 cup    water
2        onions - cut in wedges
2        potatoes - cut in large chunks
2        carrots - cut in large slices
1 cup    celery - cut in large slices
1/2 lb   mushrooms - chopped
2        bay leaves
1/2 tsp  basil
1/2 tsp  thyme

Instructions:
-------------
Toast millet in dry skillet for about 5 minutes.  Stir constantly to
prevent burning.

Add all ingredients to crockpot and cook 4 hours at high or 8 hours at
low.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockery Cooking Soups and Stews, p43

ORANGE CINNAMON CHICKEN
======================

Ingredients:
------------
3-4 lb   chicken cut into serving pieces
1 cup    chicken broth, homemade or canned
1/4 lb   butter
2 cups   orange juice
1 cup    raisins (I used sultanas)
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salt and fresh black pepper to taste
1/4 tsp  cinnamon
2 Tbs    flour

Instructions:
-------------
Heat butter in large skillet, and brown chicken.  Remove chicken pieces
to slow cooker as they brown.  Combine all other ingredients, except
flour, mix well and pour over chicken.  Cover pot, turn on LOW and cook
4-6 hours, or until chicken is tender.  Remove 1 cup of sauce from the
pot and combine with flour, mixing well.  Return sauce - flour mixture
to pot.  Turn pot on HIGH, and cook additional half hour.

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```
Ingredients:
------------
1 head   cabbage
5 lb     potatoes -- peeled
2        onions
1/2 cup  rice, raw
1 tsp    dill, dried
1/4 tsp  black pepper -- ground
2        egg whites
1 can    tomatoes (28 oz)
1        apple -- peeled and sliced
1/4 tsp  ginger, dried -- ground

Instructions:
-------------
```

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf).

Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture.

Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 Tbsp of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary.

Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot.

Cook at low heat for 4 to 5 hours.

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25 g      lard
1         large onion
1         large carrot
500 ml    beef stock
1         bay leaf

Instructions:
-------------
Season the beef with salt and pepper and brown on all sides in lard.
Remove the beef and add the chopped onion and carrot to the fat.  Cook
until the onion is soft and golden.  Put the vegetables into the
crockpot and put the beef on top.  Bring the stock with the bay leaf to
the boil and pour over the meat.  Cover and cook on HIGH 30 mins., then
on LOW 8-9 hrs.  If liked a little flour may be mixed with cold water
and stirred into the crockpot an hour before serving to make a thick
gravy.
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ROB'S VEGGIE CHILI (Vegan)
==========

Ingredients:
---

olive oil	
1-2	large yellow onions, diced
2 cloves	garlic, minced
1	red pepper, diced fairly large
1	green pepper, diced fairly large
2	28-oz. cans crushed tomatoes
1 T	cumin
1 tsp	cayenne (or to your taste)
1 pkg	frozen corn
2 cans	black beans (or any other kind of beans you like - chickpeas work well, too)
1-1.5 C	picante sauce (Shotgun Willie's green sauce -very hot- works well)
salt to taste	
grated cheddar, if desired	
cashew nuts, if desired	

Instructions:

Saute onions in the olive oil. (I used cooking wine instead to cut out the fat). Add garlic a bit later. After onion and garlic are have turned golden brown, add cumin, cayenne, and whatever other spices you might like. Fry for a couple of minutes.

Next, add the peppers, saute them for a few minutes. Put the crushed tomatoes, corn, beans and picante sauce into the crock pot, and add the onion mixture. Cook on low about 10 hours.

Serve with grated cheddar and cashew nuts, if desired.

Note:

I didn't have room in my crockpot for 2 cans of crushed tomatoes, and I had to cut back a little on the corn too, so you will have to vary the sizes above depending on the size of your crockpot.

%%
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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

SPICY WINE POT ROAST

==========

Ingredients:
----
2 kg   topside
1   onion (chopped)
1 pkt   brown gravy mix
1 cup   water
1/4 cup tomato sauce (ketchup)
1/4 cup red wine
2 tsp   made mustard
1 tsp   worcestershire sauce
1/8 tsp garlic powder
1/2 tsp dried mixed herbs
chopped parsley to garnish
salt and pepper

Instructions:

Sprinkle meat with salt and pepper. Place in crockpot. Combine the remaining ingredients, except parsley, and pour over meat. Cover and cook on LOW 10 hrs. Remove the meat and slice. Thicken sauce with flour mixed in a small amount of water and serve over meat sprinkled with chopped parsley.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: The Enchanted Broccoli Forest

SWEET AND SOUR TOFU
==========

Ingredients:
----
1 lb   tofu
1/4 c   lemon juice
1/4 c   tamari sauce
6 T   water
1/4 c   tomato paste
2 T   honey
1 tsp   ginger
4 cloves of garlic
8   scallions, minced
1   green and 1 red bell pepper, sliced in strips
1 lb   mushrooms
1 c   toasted cashews

Instructions:

Cut tofu into small cubes; set aside. Combine lemon juice, tamari, water, tomato paste, honey, ginger, and garlic; mix until well blended. Add tofu to this marinade, stir gently, and let marinate for several hours (or overnight). Stir-fry scallions, bell peppers, and mushrooms in 2 tsp. of oil. After several minutes, add tofu with all the marinade. Lower heat, continue to stir-fry until everything is hot and bubbly. Remove from heat and stir in cashews. Serve over rice.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: Better Homes and Gardens (May 1991)

SZECHUAN-STYLE STIR FRY
=======================
(made meatless by RFD)

Ingredients:
----

1 lb	tofu, cubed
1/2 lb	snow peas
1/3 c	teriyaki sauce
3 T	Szechuan spicy stir-fry sauce
2 tsp	cornstarch
1	onion, chopped
3 c	chopped bok choy
2-3 T	cooking oil
1 c	broccoli florets
1	red bell pepper
1	7-oz. can straw mushrooms
1	14-oz. can baby corn

Instructions:

Combine teriyaki, stir-fry sauce and cornstarch; set aside. Cut bell pepper in strips. Cut snow peas and baby corn in half. In wok stir-fry onion & bok choy in 1 T. oil for 2 minutes. Add broccoli & bell pepper; stir-fry 2 minutes. Remove from w Stir-fry cubed tofu in 1 T. oil for 2 minutes; add more oil if necessary. Stir sauce mixture and add to tofu; cook until bubbly. Add all vegetables; heat through. Serve over hot rice.

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From: sjbg@troi.cc.rochester.edu (Steven J Boege)

Source: Gourmet Grains, Beans, & Rice by Dotty Griffith, Page 83

TANGY RED BULGAR
==========

Ingredients:
---

1 tblsp	olive or vegetable oil
1 cup	chopped red or green bell pepper, or combination
1 cup	chopped zucchini or yellow squash, or both
2 1/4 cup	Bloody Mary mix or vegetable juice
1 cup	bulgur wheat
1 tblsp	lemon juice
1 tsp	dired basil, crushed, or 1 tablespoon fresh, minced
1/3 cup	chopped green onions

Instructions:

Heat oil in large saucepan over medium heat. Cook pepper(s) and squash(es) until tender-crisp, 3 to 4 minutes, stirring occasionally.

Stir in Bloody Mary mix or vegetable juice, bulgur, lemon juice, and basil. Heat to boiling. Reduce heat to low. Cover and simmer 5 to 8 minutes or until liquid is absorbed, stirring occasionally.

Garnish with green onions. May be served warm or as a salad at room temperature.

To Microwave:

In a 2-quart microwave-safe casserole dish, combine oil, red pepper and zucchini. Cover with lid; microwave on high 4 minutes or until vegetables are tender-crisp, stirring twice during cooking.

Add vegetable juice, bulgur, lemon juice, and basil. Cover and microwave 10 minutes or until liquid is absorbed, stirring twice during cooking. Let stand, covered, 5 minutes. Garnish with green onions.

Crockpot:

I have made this in a crockpot, tossing all the ingredients except the basil and green onions in and cooking on low for 8 hours, adding the basil after 7.5 hours, and garnishing with green onions just before serving. The resulting dish is indistinguishable from one made using the stove top method. I refuse to try the microwave method. I

generally use only two cups of Bloody Mary mix since the brand I buy comes in quart bottles.

%%%

COLLECTION: Vegetarian Crockpot Recipes

From: freeman-elisabeth@CS.YALE.EDU (Elisabeth Freeman)

Date: 29 Jul 1993 10:31:06 -0400

Contents

- Hearty Bean and Beef Stew
- Israeli Wheat Berry Stew
- Layered Dinner
- Millet Stew
- Potato Stuffed Cabbage
- Cauliflower and Potato Curry
- Rob's Veggie Chili


```
**********************************************
***** Hearty Bean and Vegetable Stew *****
**********************************************

   Categories: VEG: Vegan      Crockpot

   Calories     per serving: 170          Number of Servings:  12
   Fat grams    per serving: 0.3           Approx. Cook Time:
   Cholesterol  per serving: 0                        Marks:   E

   INGREDIENTS ----------------------------------------------------

      1         lb    beans, assorted, dry
      2         cup   vegetable juice
     1/2        cup   dry white wine
     1/3        cup   soy sauce
     1/3        cup   apple or pineapple juice
                      vegetable stock or water
     1/2        cup   celery -- diced
     1/2        cup   parsnips -- diced
     1/2        cup   carrots -- diced
     1/2        cup   mushrooms -- diced
      1                onion -- diced
      1         tsp   basil, dried
      1         tsp   parsley, dried
      1               bay leaf
      3         clove garlic -- minced
      1         tsp   black pepper -- ground
      1         cup   rice or pasta -- cooked
```

DIRECTIONS ----------

Sort and rinse beans, then soak overnight in water.

Drain beans and place in crockpot. Add vegetable juice, wine, soy sauce, and apple or pineapple juice. Cover with vegetable stock or water; the amount added depends on whether you prefer a soup (more liquid) or a stew (less). The juice adds just a tad of sweetness and the soy sauce adds depth and the tang of salt.

Cook at high for 2 hours. Add vegetables, herbs, and spices, and cook for 5-6 hours at low until carrots and parsnips are tender. When tender, add rice or pasta and cook for one additional hour.

NOTES: For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby lima, lentil, and green and/or yellow split peas.

Source: Dr. Dean Ornish's Program

*** Recipe Via Compu-Chef (tm) ***

****
***** Israeli Wheat Berry Stew *****
****

Categories: VEG: Vegan Crockpot

Calories	per serving:	Number of Servings:	8
Fat grams	per serving:	Approx. Cook Time:	
Cholesterol	per serving:	Marks:	E

INGREDIENTS ----------

5	cup	Trader Joe's maranara and the rest water
1 1/2	cup	Great northern beans
1	cup	wheat berries
6	small	potatoes -- cut in half
1	large	onion -- sliced
4	clove	garlic -- minced
5	tsp	cumin -- ground
3	tsp	tumeric
1/2	tsp	black pepper -- ground
2		green peppers

DIRECTIONS ----------

Mix together all ingredients in crockpot. Cook at high 8 to 10 hours.

Source: McDougall Cookbook - Volume 2

*** Recipe Via Compu-Chef (tm) ***

****
***** Layered Dinner *****
****

Categories: VEG: Vegan Crockpot

Calories per serving: Number of Servings: 8
Fat grams per serving: Approx. Cook Time:
Cholesterol per serving: Marks: E

INGREDIENTS ----------

6		potatoes -- sliced
1	large	onion -- sliced
2		carrots -- sliced
1		green pepper -- sliced
1		zucchini -- sliced
1	cup	corn, frozen or fresh
1	cup	peas, frozen or fresh
		----------Optional Vegetables----------
		mushrooms
		broccoli
		green beans
		----------Sauce----------
2 1/2	cups	tomato sauce
1/4	cup	tamari, low-sodium
1	tsp	thyme -- ground
1	tsp	dry mustard
1	tsp	basil
2	tsp	chili powder
1/2	tsp	cinnamon
1/8	tsp	sage
2	Tbsp	parsley flakes

DIRECTIONS ----------

Layer vegetables in large casserole in order given.

Mix together ingredients for sauce and pour over vegetables.

Cook six hours at high or 12 at low.

Source: McDougall Plan

*** Recipe Via Compu-Chef (tm) ***

****
***** Millet Stew *****
****

Categories: VEG: Vegan Crockpot

Calories per serving: Number of Servings: 6
Fat grams per serving: Approx. Cook Time:
Cholesterol per serving: Marks: E

INGREDIENTS ----------

1	cup	millet
4	cup	water
2		onions - cut in wedges
2		potatoes - cut in large chunks
2		carrots - cut in large slices
1	cup	celery - cut in large slices
1/2	lb	mushrooms - chopped
2		bay leaves
1/2	tsp	basil
1/2	tsp	thyme

DIRECTIONS ----------

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning.

Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low.

Source: McDougall Cookbook - Volume 1

*** Recipe Via Compu-Chef (tm) ***

From karpen@nrlfs1.nrl.navy.mil Tue Jul 27 17:29:55 1993

****
***** Potato Stuffed Cabbage *****
****

Categories: VEG: Ovo Crockpot

Calories per serving: Number of Servings: 8

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Fat grams     per serving:                  Approx. Cook Time:
Cholesterol   per serving:                                Marks:   E

INGREDIENTS ----------------------------------------------------------

    1          head   cabbage
    5          lb     potatoes -- peeled
    2                 onions
    1/2        cup    rice, raw
    1          tsp    dill, dried
    1/4        tsp    black pepper -- ground
    2                 egg whites
    1          can    tomatoes (28 oz)
    1                 apple -- peeled and sliced
    1/4        tsp    ginger, dried -- ground

DIRECTIONS  ----------------------------------------------------------

Parboil cabbage and separate the leaves.  Slice off part of the heavy
stalk of each leaf by slicing parallel to the leaf (do not cut into
the leaf).

Grate potatoes, small inner leaves of cabbage, and one of the onions.
Mix together.  Add rice, dill, and black pepper.  Beat egg whites
until frothy and add to potato mixture.

Set aside two or three of the largest leaves. Fill each remaining
cabbage leaf with approximately 2 Tbsp of the potato mixture.  Fold up
bottom of leaf, then fold in the sides, and roll up.  Secure with
toothpick if necessary.

Slice the reserved leaves and line the bottom of crock pot with them.
Slice second onion and layer on top of cabbage.  Add tomatoes, apple,
and ginger.  Place rolled stuffed cabbages into pot.

    Cook at low heat for 4 to 5 hours.

    Source: The Pritikin Program

    *** Recipe Via Compu-Chef (tm) ***
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From: Lisa Corsetti lisa@zeppelin.llnl.gov

```
      Cauliflower and Potato Curry
      ----------------------------

      4 Cups potatoes, peeled and quartered
      1 small cauliflower, cut into florets
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a pinch of asafetida
3/4 tsp ground turmeric
1/2 tsp chilli powder
1 1/2 tsp ground cumin
3/4 tsp salt
big pinch of sugar
2 tomatoes, chopped
1 1/4 cups water
1/2 tsp garam masala
1/2 cup wheat berries (optional)

Method:

Add all ingredients to a crockpot and cook on low for approximately six hours. If you're adding wheat berries, cook them on high with an additional cup of water for an hour, then add remaining ingredients and cook on low.

With the wheat berries, if things start drying out, add more water.

From: bjornson-robert@cs.yale.edu

Rob's Veggie Chili
==========

olive oil
1-2 large yellow onions, diced
2 cloves garlic, minced
1 red pepper, diced fairly large
1 green pepper, diced fairly large
2 28-oz. cans crushed tomatoes
1 T. cumin
1 tsp. cayenne (or to your taste)
1 package frozen corn
2 cans black beans (or any other kind of beans you like - chickpeas work well too)
1-1.5 C. picante sauce (Shotgun Willie's green sauce -- very hot -- works well)
salt to taste
grated cheddar, if desired
cashew nuts, if desired

Saute onions in the olive oil. (**I used cooking wine instead to cut out the fat). Add garlic a bit later.
After onion and garlic are have turned golden brown, add cumin, cayenne, and whatever other spices you might like. Fry for a couple of minutes.

Next, add the peppers, saute them for a few minutes.
Put the crushed tomatoes, corn, beans and picante sauce
into the crock pot, and add the onion mixture.
Cook on low about 10 hours.

Serve with grated cheddar and cashew nuts, if desired.

NOTE: I didn't have room in my crockpot for 2 cans of crushed
tomatoes, and I had to cut back a little on the corn too,
so you will have to vary the sizes above depending on the size
of your crockpot.

mara